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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Thursday, April 18, 2024

Gratitude for Lessons

I'm grateful for the lessons on Earth. Many of my lessons in life were valuable because they opened me to other perspectives. In 2009, I learned the lesson of self-forgiveness, and forgiveness of others, as my first girlfriend who cheated on me, died in a horrible car accident, leaving her only son. It also taught me to pray for the betterment of others on the other side. Also going through a divorce in 2014 from my first wife, taught me the lesson of self-compassion, and self-empathy, as well as humility...as the result of going through a 10 years long abusive marriage. In 2021, due to a business dispute, I learned the lesson of Free Will and empathy toward others, as well as self-forgiveness and forgiveness of others.

I am starting to see life on Earth as sacred, because there is gratitude for all of the growth as a result of lessons. Recently, I found a subconscious fear within me, preventing deep empathy and compassion, as I retreated into the mind for safety trying to find logic, when emotions were to be applied (empathy and compassion). I am hoping to resolve the catalyst of the lesson, by apologizing to another for miscommunication, and lack of understanding/empathy. I am still learning, but my hope in writing this (and sharing everything here), is to pass the torch to inspire others to light up themselves, light up others, light up communities, and therefore light up the world.

- April 18, 2024

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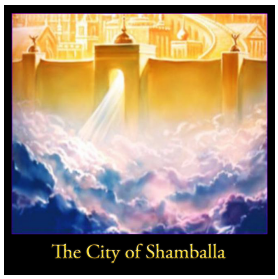

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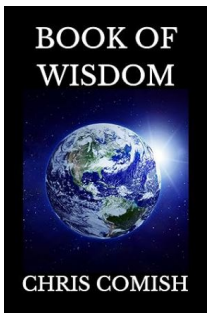

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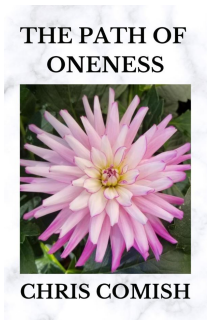

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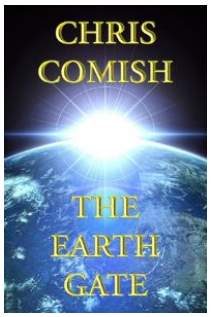

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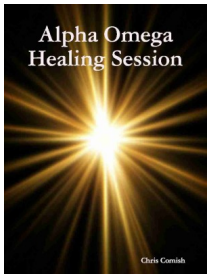

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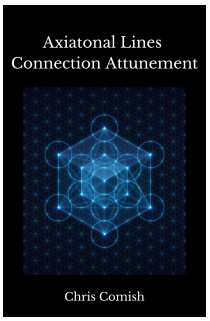

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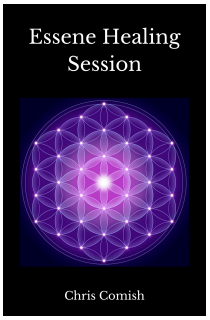

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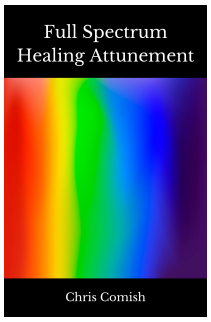

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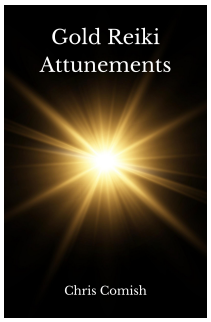

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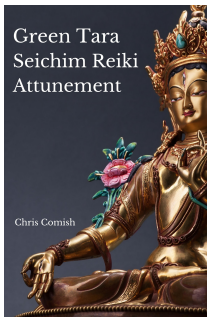

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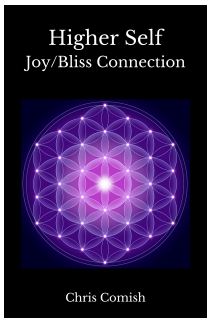

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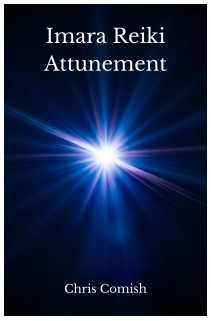

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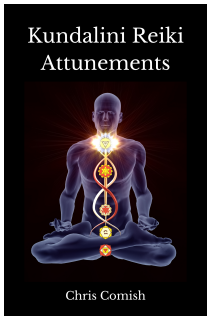

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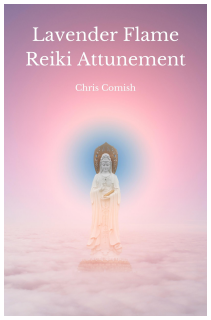

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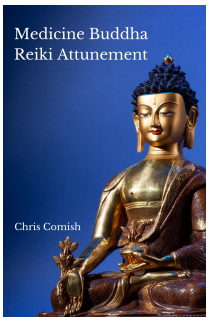

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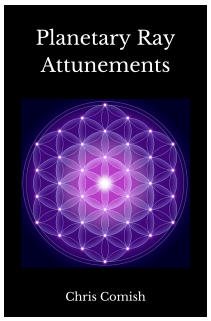

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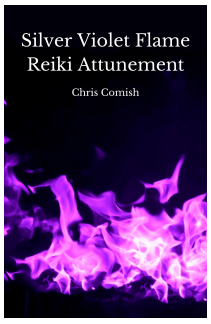

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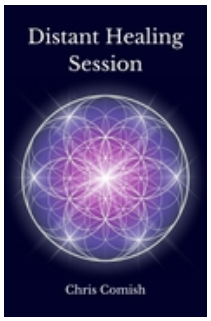

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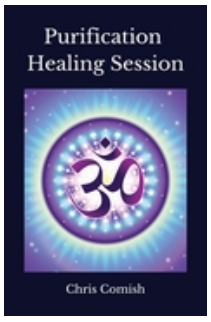

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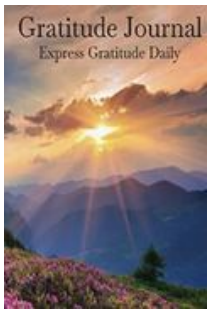

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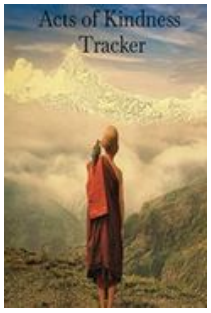

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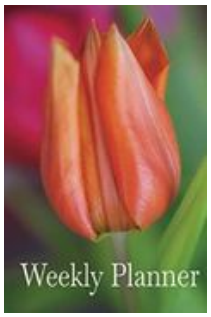

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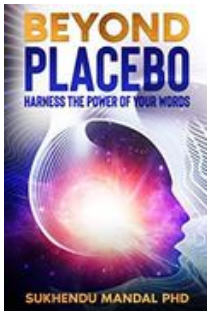

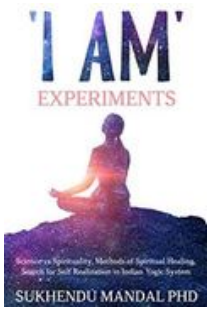

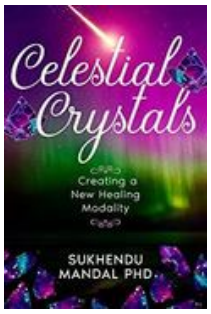

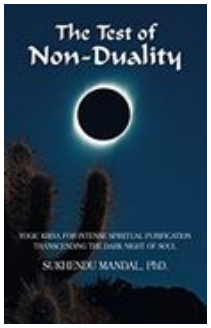

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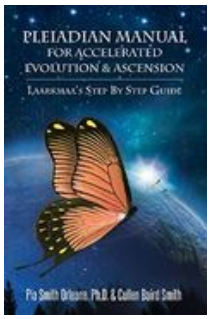

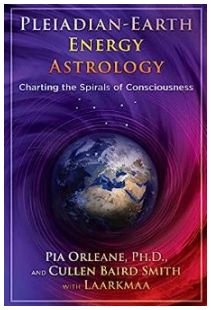
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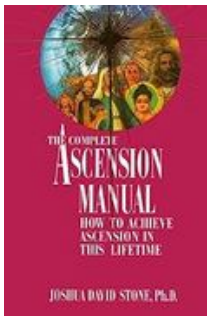
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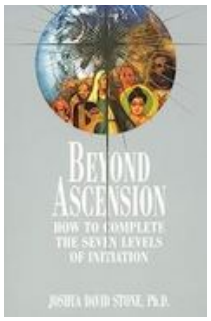
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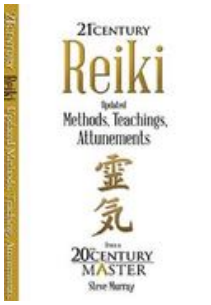
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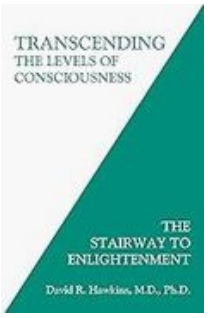
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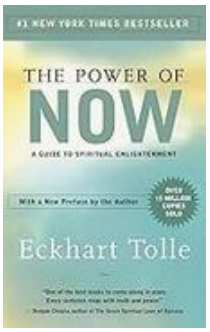
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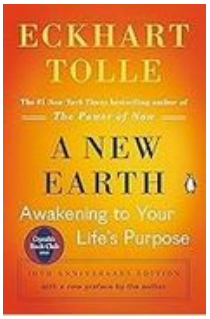
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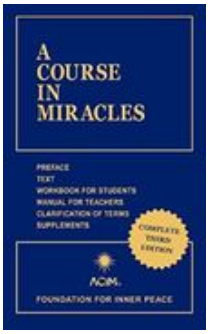
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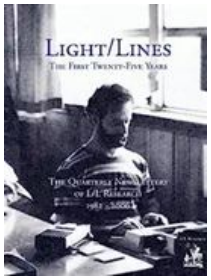
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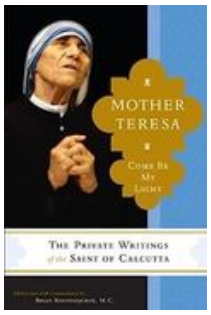
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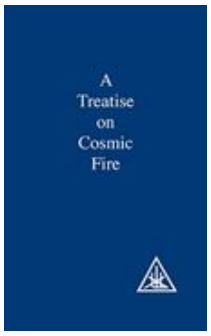
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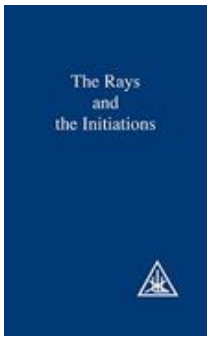
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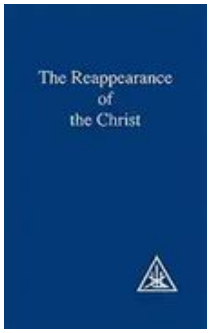
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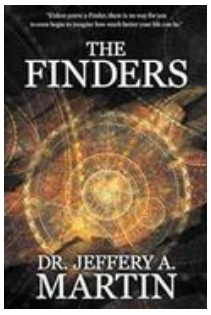
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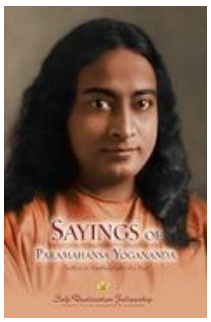
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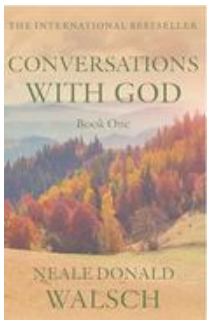
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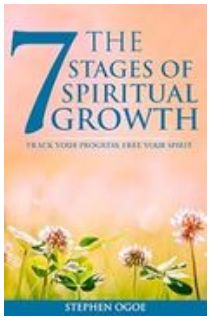
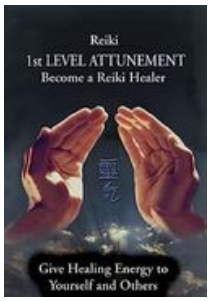
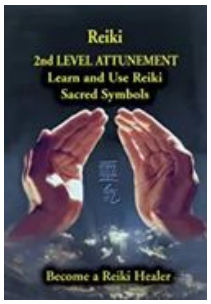
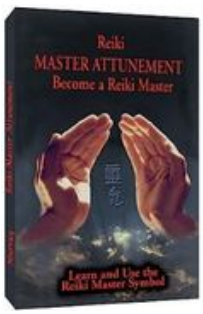
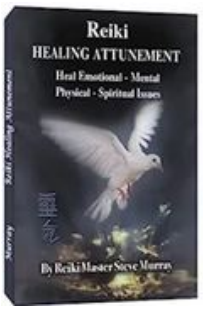


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
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